

Maine Medicine

a quarterly publication of the Maine Medical Association

OCTOBER/NOVEMBER/DECEMBER 2024

Maine Medical Association Mission: **SUPPORT** Maine physicians, **ADVANCE** the quality of medicine in Maine, **PROMOTE** the health of all Maine people.

NEW MMA WEBSITE IS LIVE! CHECK IT OUT AT <https://mainephysicians.org>



We are pleased to announce that the Maine Medical Association's new website is now LIVE. Our new URL is <https://mainephysicians.org> and we welcome you to check it out!

MMA staff, a website committee consisting of Paul Cain, MD; R. Scott Hanson, MD, MPH; Jonathan Meserve, MD; Christopher Mutter, DO; Elizabeth Pearce, MD; and Sue Woods, MD, MPH, and the website design team at

Compete Now (<https://startcompeting.com/>), worked to build a website that uses interactive features to foster collaboration among members as well as improve communications between MMA and members. As the leading voice for all Maine physicians, our programming, advocacy, and partnerships are extensive, and we need an accessible digital footprint that reflects our work.

The new site offers an enhanced user experience which boasts improved navigation, functionality, and is accessible by any device. The new fast and effective search tool will make finding the exact information a visitor needs easier than ever. Whether you are interested in our advocacy efforts, programs, affiliates, CME, events, specialty society happenings, legal services, physician resources, or networking with your colleagues, you will find information on our new site.

The new website's member portal boasts the most interactive features of the site. Members can participate in knowledge-sharing to discuss best practices and trends in the Community Forums section. Members can easily update their own profiles with demographics and areas of interest. Those who are looking to network with colleagues

or add more patients to their practice can choose to be visible on the member portal and/or public-facing site. MMA envisions colleagues connecting over shared areas of medical interests and building a referral network for their patients.

Get started now by visiting: <https://mainephysicians.org>

Members logging into the Member Portal for the first time should click on "login/renew" in the upper right hand corner of the home page. Once you do this, click "Lost Password" where you will be prompted to enter your email address. Then click "Get New Password." An email will be sent to your email address to reset your password. You will then be able to use your email address and the password you set to log in. Tutorial videos showing how to do this and other functions can be viewed at: <https://mainephysicians.org/how-to-access-your-account/>.

If you do not have an established email with MMA, then you will need to reach out to Director of Membership, Lisa Martin at lmartin@mainephysicians.org or 207-480-4201, prior to logging in.

Please feel free to reach out to Shirley Goggin at sgoggin@mainephysicians.org, if you have any questions or feedback.

MMA'S 171ST ANNUAL SESSION: CONGRATULATIONS AND THANK YOU!

MMA members, guests, sponsors, and exhibitors enjoyed a productive and fun meeting at the Harborside Hotel, Marina & Spa in Bar Harbor during the weekend of September 7-9, 2024. We would like to thank all who joined us, congratulate individuals for certain achievements, and once again acknowledge our sponsors, exhibitors, and speakers.

CONGRATULATIONS to the following individuals:

MMA Officers for the next year:

- President: R. Scott Hanson, MD, MPH
- Immediate Past President: Paul Cain, MD
- President-elect: James Jarvis, MD
- Chair, Board of Directors: Minda Gold, MD
- Treasurer: Michael Parker, MD

Physicians recognized on the 50th anniversary of their graduation from medical school, the Class of 1974 (29 total, with two present):

- Francis Bellino, MD
- Richard Evans, MD

Recipient of the Mary Floyd Cushman, MD Award for Exceptional Humanitarian Service as a Medical Volunteer: Robert Michaud, MD, MPH

President's Award for Distinguished Service: Joshua Seal (posthumously)

Overall winners of the 41st Edmund Hardy, MD Road Race:

- Female: Natalie Maida, DO
- Male: Steve Saylor, PA-C

THANK YOU to the following individuals and organizations who made this event possible:

Speakers: John Doyle and John Gross from Medical Mutual Insurance Company of Maine; Jeanne Lambrew, PhD, from The Century Foundation and Harvard School of Public Health; Daniel Griffin, MD, PhD, from Columbia University and Optum Tristate; Colby Wyatt, MD, PhD, MaineHealth; Irwin Brodsky, MD, MPH, MaineHealth; and Jordan Leyton-Mange, MD, MaineHealth; and Patrick Hohl, DO, MaineHealth.

Continued on page 5



WELCOME NEW MMA BOARD MEMBERS



Gavin Ducker, MD



Kevin Fickenscher, MD



Sarah Micucci, Medical Student



Kartikey Pandya, MD

STAY INFORMED! Update your email address to stay current on MMA communications - Email: lmartin@mainephysicians.org

IT'S ALL IN THE DIAGNOSIS!

By Michael Genetti, CLU ChFc, Baystate Financial

Many readers of this article may remember one presidential candidate’s rallying cry: “it’s the economy stupid!” While attending the Maine Medical Association’s 171st Annual Session and listening to Medical Mutual’s presentation by John Doyle entitled, *Trends in Medical Malpractice Claims*, I came to appreciate that when it comes to medical treatment, it’s all about the diagnosis! I was surprised by the fact that fully one third of all medical malpractice claims involved non or misdiagnoses.

As a regular exhibitor at medical conferences, I always try to listen in on presentations which I believe will provide insight into the concerns of physicians and other allied medical professionals. The **medical diagnosis** is the foundation upon which a program of patient care is created and monitored. A misdiagnosis can lead to tragic consequences for the patient. As a consequence, an entire area of case law has evolved to indemnify patients who have been harmed.

In the financial world, the Financial Plan serves as a type of diagnosis. For clients, this process can often uncover unknown and unexplored financial areas of their life and can identify risks to their Fiscal Health. Too often we come upon prospective clients who have acquired financial products or received investment advice without first engaging in the Financial Planning process. They have started receiving treatment before receiving a proper diagnosis! They have not yet gained an understanding of the full range of resources available, they have not yet articulated what it is they want to accomplish, and they continue to be unaware of the risks which can prevent them from creating the financial wherewithal to enjoy the life they hope for.

Just as there are policies, procedures, and protocols which govern treatment for patients, there is a process one can follow to ensure that you will be doing the right things, the right way, at the right time, with the right people, and for the right reasons, when it comes to creating and implementing plans for your continued financial well-being.

Might this be the right time to investigate the resources available to you to help you address the need for a financial diagnosis?

Courtesy of Michael Genetti, Baystate Financial

Michael Genetti is a registered representative of and offers securities and investment advisory services through MML Investors Services, LLC. (MMLIA) Member SIPC. 1 Marina Park Drive, 16th Floor Boston MA 02210. 617-585-4500

Baystate Financial Pays Manie Medical Association (MMA) a membership fee and other compensation to the MMA for access to MMA members to market its products and services, including opportunities to attend meeting publish advertisements and articles in its newsletters, and provide educational seminars. These fees and other compensation create an incentive for the MMA to provide these opportunities to Baystate resulting in a material conflict of interest. The MMA is not a client of Baystate or MMLIS.



Live what you love.
Love how you live.

Patient-focused Primary Care
Opportunities in Machias and
Eastport - unique and beautiful
coastal communities.

We are a thriving Community Health
Center seeking board-certified family
physicians to join our team. Practice in a
friendly, collaborative, patient-focused
outpatient-only setting. Located in our
new patient and staff-friendly facility

www.Eastporthealth.org

Please call Elaine Curtis, HR Manager for
more information:
(207) 853-0181

NOTES FROM THE CEO

By Andrew B. MacLean, JD, CEO, Maine Medical Association



MMA Board Members convened at the Grand Summit Hotel at the Sunday River Resort for their annual retreat, known as the President’s Retreat, during the weekend of October 18-20, 2024. The Board focuses on some aspect of the MMA’s strategic direction each year at this event. This year, President R. Scott Hanson, MD, MPH, and the other officers decided to focus on press relations, speaking to members of the media, and media training with guest speaker and trainer, Bill Green, a noted Maine television journalist and host of the long-running and popular series, “Bill Green’s Maine” on the local NBC affiliates. Bill shared his wisdom and advice from his career on Saturday morning and then conducted mock interviews with volunteers, followed by a group debrief and critique on Sunday morning. Bill joined us for both days of the event, so board members had plenty of opportunity to ask questions of him during the social/networking parts of the weekend. Media training was a very popular topic among board members during the planning of the retreat and it complements MMA’s efforts this year to improve our communications capability, in addition to a new web site launched in mid-October and a new e-newsletter platform. MMA’s leaders have always encouraged board members to include their families

in the weekend, too, and the schedule included time for members and their families to get acquainted with others during a reception and dinner each evening and a group hike on Saturday afternoon. During a regular business meeting on Saturday morning, members reviewed the current strategic plan and 2024 “action priorities” drawn from that plan, and began developing MMA’s “action priorities” for 2025. Board members also reviewed the results of a member survey about priorities for the MMA/MOA legislative agenda for the 132nd Maine Legislature and engaged in a brainstorming session about those priorities. Past President Erik Steele, DO, led board members in a governance workshop to close out Sunday morning, concluding work he initiated during his year as President in 2022. The 2024 President’s Retreat weekend was fun and productive. The Board will finally approve legislative priorities at a meeting in early December and will finalize 2025 “action priorities” for the MMA enterprise at the December 2024 and January 2025 board business meetings. I once again welcome new members to the Board and Executive Committee, and I look forward to our work in pursuit of MMA’s mission in 2025!

Please contact me any time with your comments or suggestions about how we might serve you better – amaclean@mainephysicians.org; 207-480-4187 Direct; 207-215-7462 Mobile.

UPDATE ON THE STATE'S RESPONSE TO THE OPIOID DRUG EPIDEMIC

By Gordon H. Smith, JD, Director of Opioid Response, State of Maine



Greetings to my MMA friends and family. It was a special time in September to be able to attend the Annual Session, run in the road race, and see so many dear friends. It is so gratifying to see the Association do well despite difficult times for all of medicine. I am also very grateful for MMA’s leadership of the 1000 Lives Campaign and am appreciative of the opportunity the Campaign gives me to work nearly daily with Dr. Steele, Andy, and the team. As we approach the end of the first year, we have already seen some positive results from the Campaign and once full-time staff is hired, effective January 1, 2025, I think we will see even more impressive results.

Recent articles have noted the decline nationally in drug overdose deaths. We have seen the same experience in Maine, and our reduction in mortality has been among the most significant in the nation. As of the first week in October, our year-to-year decline in fatal overdoses was nearly 20%, on top of the 16% reduction in 2023. And, we have also seen a reduction in non-fatal overdoses. The significant decline is likely because of a variety of factors, including changes in the drug supply, robust naloxone distribution, and more treatment services being available. It will be years before researchers will be able to review available data and reach conclusions as to the cause of the 2024 improvement. In the meantime,

we need to continue to support those activities that are likely to have the most impact.

Another positive thing going forward is the availability of the opioid settlement funds from the Maine Recovery Council, thirty-nine counties and municipalities and the AG’s Office. The Council will be reviewing, before the end of the year, as many as 160 different projects applying for funding.

On October 11, 2024, the working group organized to review the experience of harm reduction health centers began its work. Fourteen individuals will be meeting at least monthly to look at the experience with these centers which allow a safe place for persons to consume drugs and report back to the legislature in 2025. The State of Rhode Island is supporting the December 15, 2024, opening of such a center in Providence and that site will certainly be one that the group will look at, as well as the only other operating sites in this country in New York City. There are two physicians on the working group, Drs. Lisa Letourneau and Rachel Solotaroff. We are fortunate to have these two MMA members on the working group. I chair the group as provided for in the Resolve that was enacted during the 131st Legislature and set up the process for this study.

I wish you and your families all the best for the upcoming holidays and for a happy and healthy 2025.

**FAST, RELIABLE & ACCESSIBLE
IMAGING SERVICES WITH
SUBSPECIALIZED RADIOLOGISTS**

**Delivering quality diagnostic imaging services
at centers and hospitals throughout Maine**

**Auburn | Bangor | Belfast | Biddeford | Brunswick
Lewiston | Portland | Rockport | Scarborough | Skowhegan**

**MORE
INFO**
CALL 207.468.2275
RAYUSradiology.com/maine

**RAYUS
RADIOLOGY™**

**RAYUS
RADIOLOGY™**
MARSHWOOD

**RAYUS
RADIOLOGY™**
MaineMolecular
Imaging



Page 2 Maine Medicine

PRESIDENT’S CORNER

By R. Scott Hanson, MD, MPH



Welcome to MMA, version 2.025!

I hope many of you have already checked out the NEW Maine Medical Association website or “social” for those who communicate regularly with (or wish

they were still in) the under-30 crowd. In case you haven’t been CONNECTED yet, here is the link: <https://mainephysicians.org>

According to the OED, “social” is an adjective relating to society, the aggregate of persons (in this case physicians, surgeons, and our close partners in health caring) as a community with shared customs, laws, and institutions. OED online does not (yet) include the stand-alone noun as synonymous with website, but we do. Find like-minded advocates for discussions of crucial public health and/or practice management issues and take action together for more successful outcomes. Let your patients know that you and your colleagues at MMA are engaged and care deeply about their health and well-being.

When I moved to Maine, the very first thing I did was find my social, the Maine Medical Association. In fact, I joined even before accepting a new (now 12 years in

the past) professional opportunity because experience with the Rhode Island Medical Society and the Florida Medical Association showed that MMA would provide crucial support and information for me, my family, and my practice. I hope you find MMA provides similar resources, support, and advice. If not, please let me know how we can improve, either at 850-933-0531 or president@mainephysicians.org. Your input and participation is crucial, so please get involved.

We hope you and your colleagues are as enthused about the new MMA online presence as we are. But it’s the PUBLIC activities that are particularly exciting. Using the website to amplify your practice’s offerings for patients, whether established or new, is a valuable member benefit that we hope you will find useful.

What about “social” as a VERB? For MMA purposes, that means please JOIN US. Whether at our next regional listening session, the 2025 Annual CME meeting at the Harborside in Bar Harbor, starting Friday Sept 6, 2025, or our online committee meetings such as Public Health or Legislative Advocacy, you are WELCOME, and we need your participation now more than ever. The most up-to-date information and details are available now at <https://mainephysicians.org>.

Thank you for all you do for your patients and our profession. Hope to see you soon!



30 Association Drive, P.O. Box 190
Manchester, Maine 04351

(t) 207-622-3374
(f) 207-622-3332

info@mainephysicians.org
<https://mainephysicians.org>

NEWSLETTER EDITOR
Richard A. Evans, MD
(t) 207-564-0715 (f) 207-564-0717
raevans95@earthlink.net

PRESIDENT
R. Scott Hanson, MD, MPH
(t) 850-933-0531
president@mainephysicians.org

PRESIDENT-ELECT
James Jarvis, MD
(t) 207-973-0137
jjarvis@northernlight.org

CHIEF EXECUTIVE OFFICER
Andrew MacLean, JD
(t) 207-480-4187 (f) 207-622-3332
amaclean@mainephysicians.org

Information in this newsletter is intended to provide information and guidance, not legal advice. Since exact language and definitions of key terms are critical to understanding the requirements of legislation, rules or laws, we encourage you to read each carefully. Articles submitted to *Maine Medicine* represent the views of the author only and do not necessarily represent MMA policy.

ENROLLMENT IS OPEN: HANLEY CENTER’S PELI ADVANCED COURSE FOR PHYSICIAN & ADVANCED PRACTICE PROVIDERS



In partnership with Brandeis University, the Hanley Center for Health Leadership & Education, is now enrolling participants for its Physician & Provider Executive Leadership Institute Advanced Course, Cohort 9!

The Advanced Course is a highly sought cornerstone of our Hanley offerings, designed to equip physician and provider leaders with the essential and practical management and leadership skills necessary to address and overcome the myriad challenges facing today’s health care environment.

During the course of 10 months, participants will integrate new learning into their professional environments, engage in deep discussions on complex issues, and cultivate lasting professional relationships with their peers. The curriculum covers business skills, strategic thinking and collective intelligence, conflict resolution and negotiation, health care policy, high performance teamwork, change management, systems awareness, and more.

Here’s what a few of our McAfee Fellows had to say:

- “The PELI course offered practical information and enhanced my confidence in approaching these new challenges.”
- “It exposes participants to other leaders, ideas, approaches and efforts.”
- “Having another avenue to apply my energies, new

unchartered territory, it is exciting in a different way, and I think that gives satisfaction that mitigates against some burnout stuff that could potentially happen.”

- “I am thinking much more about how I use my time and how I can be most productive while working to achieve balance. I am putting more effort into developing systems that can sustain themselves without my regular involvement.”
- “This is an excellent course that had an excellent slate of academics and professionals. The people attending the course will be a cherished resource for the balance of my career.”

The PELI Advanced course is a competency-based, highly experiential program that spans six, 2.5-day residential sessions during 10 months. The course honors the legacy of the late Dr. Robert McAfee, a distinguished physician leader known for his contributions to health care improvement and his advocacy for the prevention of family violence. Using Dr. McAfee’s influence as a guiding light for our program, the McAfee Fellows are prepared to follow in his footsteps, coming out of the course equipped with the knowledge and skills to drive innovation and excellence.

Interested in PELI Advanced 9?



To learn more about this unique opportunity, and to join a distinguished group of health care leaders dedicated to transforming the future of health and health care scan the following QR code or reach out to Janell Lewis at jlewis@hanleyleadership.org with any questions.




ELEVATE
MAINE REALTY

ELEVATE YOUR REAL ESTATE EXPERIENCE WITH MELANIE CRANE

I am a Licensed Clinical Social Worker who formerly worked at Maine Medical Center. I understand the unique needs and scheduling demands of medical professionals. Whether you're buying, selling, or investing in Maine, I would love to seamlessly guide you through the process. Your dream property awaits. Let me make it a reality!

207.650.4281 | MELANIE@ELEVATEMAINE.COM
ELEVATEMAINE.COM | 211 US-1, FALMOUTH, ME 04105



The MMA-CQI, with funding support from the Maine Board of Licensure in Medicine (BOLIM), developed and maintains online on-demand learning modules available for CME credit at:

www.qclearninglab.org



MMA-CQI NEWS

Maine Medical Association, Center for Quality Improvement Secures CDC Grant to Combat Maternal Mortality

MMA-CQI has been awarded a 5-year cooperative agreement from the US CDC as part of the ERASE MM program, which supports maternal mortality review committees (MMRCs) in 46 states and 6 US territories. This funding helps MMRCs identify and review pregnancy-related deaths, understand their causes, and suggest effective interventions.

Maine’s Maternal, Fetal, and Infant Mortality Review (MFIMR) Panel, a multidisciplinary group of 30-40 experts, will use this support to continue their vital work. The MMRCs aim is to understand the drivers of maternal mortality, suggest effective interventions, and guide their implementation in communities with the greatest need.

We are grateful for this award, which will help us identify factors contributing to maternal, fetal, and infant mortality, assess the current health care system, and make recommendations to reduce the mortality rates in Maine.

For more information on the Enhancing Reviews and Surveillance to Eliminate Maternal Mortality (ERASE MM) participants across the nation, please visit www.cdc.gov/maternal-mortality/php/erase-mm/index.html.

To learn more about Maine’s Maternal, Fetal, and Infant Mortality Review (MFIMR) panel, visit <https://www.maine.gov/dhhs/mecdc/population-health/mch/perinatal/maternal-infant/>

External Peer Review Program Seeking Board Certified Physicians!

MMA-CQI is actively recruiting reviewers for their External Peer Review Program, an essential service offered for more than 35 years! Peer Reviews are usually completed remotely with a few on-site and are a great way to refresh your best-practice lens. With the opportunity to work on both credentialing and focused reviews, our peer review digital tool guides you through the review process with team support offered at each step. Reviewers are offered a stipend of \$100/hour with a \$350 minimum.

Interested in learning more about the External Peer Review Program? Visit <https://qclearninglab.org/wp-content/uploads/2024/10/Maine-Medical-Association-Peer-Review-Program.pdf>.

If you’re actively practicing and interested in becoming a Peer Reviewer, please contact Julie Oliver at joliver@mma-cqi.org.

SPECIALTY SOCIETY MEETINGS

December 5, 2024

Maine Chapter ACEP Holiday Meeting
Portland Regency Hotel – Portland, ME
Contact: Sarah Nelson 207-480-4195
or snelson@mainephysicians.org

January 31- February 2, 2025

Maine Gastroenterology Society Ski Weekend
Grand Summit Resort Hotel, Sunday River – Newry, ME
Contact: Sarah Nelson 207-480-4195
or snelson@mainephysicians.org

February 8-9, 2025

Maine Society of Anesthesiologists Annual Meeting
Register: www.maineanesthesia.org
Sugarloaf Resort & Conference Center – Carrabassett Valley, ME
Contact: Lisa Montagna 207-620-4015
or mesahg@gmail.com

PUBLIC HEALTH SPOTLIGHT

By Dora Anne Mills, MD, MPH, FAAP, Public Health Physician



Your Help is Needed to Stop Marijuana (Cannabis) From Becoming the Next Tobacco Epidemic

Maine is experiencing a major public health epidemic with youth and young adult harmful use of marijuana (cannabis). For instance:

- **Youth.**
 - About **one-third of Maine high school students** report having used marijuana;
 - About **one in five** say they tried marijuana before the age of 13; and
 - **One in five** report having used marijuana at least one time during the last month.
- **Young Adults.** National data from 2022 show that 44% all young adults (ages 19 – 30) use marijuana, and 11% use the drug daily.
- **Pregnancy.** About one in four Maine women in 2017 reported having used marijuana during pregnancy or in the three months before pregnancy.

What happens when youth and young adults use marijuana?

- **Serious Mental Illness, including lifelong schizophrenia.**
 - THC (tetrahydrocannabinol) content in marijuana is primarily now high potency, meaning THC is >15% of the product, compared with only 2% 20 years ago.
 - As a result, there is a **4-fold increased risk of marijuana triggering schizophrenia**, a risk that is especially pronounced among youth and young adult users. About half of those go on to have a permanent serious mental illness.
 - Indeed, Maine’s psychiatrists report increases in youth and young adult schizophrenia associated with marijuana use.
- **Cognitive Changes.** Marijuana use among youth and young adults is associated with changes in memory, attention, school performance, and higher functioning that **persist** after they stop using the drug.
- **Abnormal Fetal Development.** Marijuana use during

pregnancy is associated with harmful effects on the baby, including low birth weight and abnormal neurological development.

What can you do?

The Maine Public Health Association (MPHA), the Maine Medical Association, and a number of other organizations are collaborating to address these public health concerns. For instance:

- Maine has **no medical marijuana testing requirements** for potency or contaminants (yes, you read that correctly);
- Recently Maine’s labeling laws and laws protecting youth from easy access have been loosened.

The above coalition tells us that:

- Like tobacco, there is a well-funded well-organized marijuana lobby fighting successfully against even the most basic public health strategies;
- Legislators seem unaware of marijuana’s dangers; and
- You are needed to spread the word about marijuana’s health effects and to strengthen Maine’s laws.

You can join the coalition by emailing Matt Wellington at MPHA: mwellington@mainepublichealth.org.

Want to learn more? Here are some resources.

- 2023 Maine Youth Integrated Youth Health Survey: <https://www.maine.gov/miyhs/>
- 2022 NIH National Drug Survey: <https://nida.nih.gov/news-events/news-releases/2023/08/marijuana-and-hallucinogen-use-binge-drinking-reached-historic-highs-among-adults-35-to-50>
- 2017 Maine Pregnancy Data: <https://www.maine.gov/dhhs/mecdc/public-health-systems/data-research/prams/documents/pdf/prams-mj.pdf>
- Schizophrenia risks from marijuana use:
 - Development Over Time of the Population-Attributable Risk Fraction for Cannabis Use Disorder in Schizophrenia in Denmark (<https://pubmed.ncbi.nlm.nih.gov/34287621/>)
 - Rates and Predictors of Conversion to Schizophrenia or Bipolar Disorder Following Substance-Induced Psychosis (<https://psychiatryonline.org/doi/full/10.1176/appi.ajp.2017.17020223>)

Continued on page 5



MaineRxCard

www.mainerxcard.com

For more information contact:
abass@mainerxcard.com
207-740-5641
ndaigle@barharbor.bank

Learn more at MAINERXCARD.COM



We’re proud to offer our Frontline Heroes Loan to eligible members of the Maine Medical Association.

What is a Frontline Heroes Loan?

We’re offering an exclusive Frontline Heroes Home Loan option for our dedicated frontline heroes to honor the service they provide in our communities. It’s our way of saying “Thank you” for all that you do.

Our Frontline Heroes Loan offers:

- 0% down payment options available
- Maximum seller contribution of 3%
- Minimum borrower contribution of 1% or \$1,000 the lesser of the two
- Minimum FICO score of 700
- Eligible property types include single-family homes and condominiums

All applications are subject to credit approval. Bar Harbor Bank & Trust Loan Origination Company Identifier #525628

Contact me to get started or apply online at www.barharbor.bank/daigle



Nickol Daigle
Mortgage Loan Originator
NMLS #1831402
207-740-5641
ndaigle@barharbor.bank



Scan to apply online



www.barharbor.bank • 888-853-7100
Member FDIC Equal Housing Lender

By Anne Sedlack, Esq., MSW, Director of Advocacy



Maine’s Legislative Session!

We will issue a document through our e-news platform with many more specifics right after the election, but I also wanted to provide a general roadmap of our direction.

- 1. **132nd Maine Legislature:** Maine has term limits, meaning we get a new make-up of Senators and Representatives every two years. Although we won’t know who they are until the election results are in, we know we’ll be working hard at educating them about the importance of being pro-medicine. They will be sworn in during the first week of December, beginning their official work. They will start by electing their peers for leadership positions, getting their committee assignments, and adopting joint rules, but likely won’t commence anything too substantive until the beginning of January.
- 2. **MMA/MOA Priorities:** As always, we listen to members and select issues that are our top priorities for the legislative session. This list will get officially launched right after the election in that two-pager, but a few ideas have risen to the top as of the writing of this article:
 - a. Advancing Health Equity for all members

- of our community by addressing the Social Determinants of Health Care
 - b. Improving Awareness of and Access to Treatment for Substance Use Disorder
 - c. Protecting the physician-patient relationship
 - d. Supporting and expanding the health care workforce in Maine
3. **How to Get Involved:** Your voice matters. I cannot stress the importance of this enough because, while I have only been on the job for about a year, I have already seen how the physician’s voice can, and has, moved the needle on many critical issues. It can be tricky balancing how to get involved with a full workload and other life considerations, but I am here to help you navigate it! Please reach out to me directly at asedlack@mainephysicians.org, but here are a couple of examples of ways to get involved:
- a. Join us in-person on Thursday, December 12, 2024, from 5:30 p.m. to 7:30 pm at the MMA Office to celebrate the beginning of the legislative session! Please RSVP to slepoff@mainephysicians.org or 207-480-4191, so we know how much food to get!
 - b. Join the *virtual* MMA/MOA Legislative Committee meetings, which will convene weekly by Zoom on Thursdays from 6:00 p.m. to 7:00 p.m. starting January 16, 2025. Agendas and Zoom links will be sent out each week in the e-news! Open to all physicians!

I’m looking forward to being your advocate in the upcoming legislative session, and I am always here if you want to share your perspective, ask questions about the process, or find ways to get involved!

Continued from page 1...MMA’S 171st Annual Session: Congratulations and Thank You

Partner Sponsors: Harvard Pilgrim Healthcare; Norman, Hanson & DeTroy; RBC Wealth Management; Spectrum Healthcare Partners; and Medical Mutual Insurance Company of Maine.

Exhibitors: A-S Medication Solutions; Aledade, Inc.; AstraZeneca Pharmaceuticals; BayState Financial; MMA Center for Quality Improvement; Community Health Options; Exact Sciences; Groups Recover Together; GSK (GlaxoSmithKline); Johnson & Johnson Innovative Medicine; MAGMutual Insurance Company; Maine CDC Breast and Cervical Health Program; Maine Independent Clinical Information Service (MICIS); Maine Parent Federation, Inc.; Martin’s Point Health Care; Medical Mutual Insurance Company of Maine; Medical Professionals Health Program (MPHP); Sanofi;

United States Air Force Health Professionals; and Wells Fargo N.A.

Event Sponsors: Affinity Care of Maine; Angel Flight East; Everest Recovery; MedHelp Maine; and Medical Mutual Insurance Company of Maine.

Medical Student Attendees: UNECOM: Harkaran Dhillon OMS II, Davan Fakharizadeh OMS II, Sarah Micucci OMS III and Maine Track: Samantha Barry M’26, Laurel Swanson M’27

SAVE THE DATE FOR NEXT YEAR: The 172nd Annual Session of the Maine Medical Association will take place at the Harborside Hotel, Marina & Spa in Bar Harbor from September 5-7, 2025.

Continued from page 4...Public Health Spotlight - Your Help is Needed to Stop Marijuana...

- Adverse health effects of marijuana:
 - Health effects (<https://www.cdc.gov/cannabis/health-effects/index.html>)
 - Health effects in pregnancy (<https://www.cdc.gov/cannabis/health-effects/pregnancy.html>)
 - The Neurocognitive Effects of Cannabis Across the Lifespan – PMC (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9377647/>)
 - Adverse Health Effect of Marijuana Use | NEJM (<https://www.nejm.org/doi/10.1056/NEJMr1402309>)

BEYOND THE STETHOSCOPE:
KATHRYN HANNA, MD, OUTDOOR
ADVENTURE ENTHUSIAST

Dr. Kathryn Hanna moved frequently as a child in a military family. This background kindled a lifelong and enduring interest in outdoor activities and adventure travel. As an undergraduate student, Kathryn helped establish an outdoor adventure leadership club called Georgetown Outdoor Adventure Training (GOATs) and became involved with Outward Bound as an instructor during summers in the Adirondack Mountains of upstate New York. Among her adventures as a young adult, she hiked to the base camp of Mt. Everest and has explored Machu Picchu, the “Lost City of the Incas” in Peru. Kathryn’s husband, Paul, grew up in Florida where he pursued interests in scuba diving, sport fishing, and hunting. “We chose Maine as our home after our military service because it offers us the opportunity to enjoy the outdoors and to pursue a self-sustaining lifestyle,” she



says. Kathryn and Paul brought different outdoor adventure traditions to their relationship, and they have drawn from each tradition to share experiences with their son, Jackson, now age 9. Last year Jackson attended his first bird hunting trip in the North Maine Woods. They

enjoy many other outdoor activities as a family, including sport fishing and recreational clamming, hunting, gardening, and sailing their 14-foot O’Day Javelin on Great Pond in Belgrade. The family intentionally seeks some of their food in the natural world through hunting and fishing, and they also can their vegetables and make cheese. More experienced as bird hunters, last year Kathryn harvested her first deer using a rifle built by her husband. “We processed the deer ourselves and we found the whole experience to be very rewarding,” says Kathryn. She hopes to be successful in the moose permit lottery one day. Kathryn also makes time to pursue some outdoor interests on her own or with female friends. She has hiked the 100 Mile Wilderness and likes cross country skiing or snowshoeing in the Maine Huts & Trails network. “Vigorous outdoor activity rejuvenates me, and it helps me maintain a sense of balance in my life,” she adds. As much as they love living in Maine, Kathryn and her family continue to explore the world as time permits with recent trips to Japan, Canada, and the Isle of Skye. She also continues to develop new outdoor interests here at home, learning recently about bowhunting. “There are only so many hours in a day for work, self-care, recreation, and family time, so we use the time we have outdoors as a family, and we feel very fortunate to live in Maine.”



Kathryn Hanna, MD received her undergraduate degree from Georgetown University and obtained her medical degree at the NYU Grossman School of Medicine with the support of a US Navy scholarship program. She completed a residency in orthopedic surgery at the Naval Medical Center San Diego and a fellowship in upper extremity and hand surgery at Harvard Medical School. Dr. Hanna served 11 years on active duty as a medical officer in the US Navy, including an 8-month deployment to Afghanistan. She practices with Spectrum Healthcare Partners Orthopedics, and is a member of the Spectrum Board of Directors. She is the Chief of Orthopedic Surgery at NLH Mercy Hospital and is a member of the American Society for Surgery of the Hand. Dr. Hanna lives in Cumberland Foreside with her husband, Paul, a prior US Navy helicopter pilot, and their son, Jackson.



MICIS
Maine Independent Clinical Information Service

Evidence-Based Prescribing Education
Fall 2024 Topics

Group Education: Schedule a presentation at your medical practice, hospital or conference.

- Diabetes Update Focusing on GLP-1s and SGLT-2s
- 2022 CDC Opioid Prescribing Guideline

Meet with an Academic Detailer: Sessions for Individual Prescribers

- Diagnosing and Treating Opioid Use Disorder (OUD)
- Maine Controlled Substance Prescribing: 2024 Update
- Level 2 Diabetes Update Focusing on GLP-1s and SGLT-2s
- Simplified Treatment of Hepatitis C in Primary Care Settings

For more information, visit www.micismaine.org.
MICIS is a program of the Maine Medical Association.

MMA AND MMA-CQI WELCOME
NEW MEMBERS OF OUR TEAM

The MMA and MMA-CQI had two new employees join our team recently.

JULIE OLIVER



A former schoolteacher and head of school, Julie joined MMA-CQI in 2024 as a project coordinator. She earned a BS degree in Business Administration from the University of Maine in Orono. She works with the Committee on Physician Quality and its Peer Review and Office-based Quality Improvement programs and provides support for other CQI projects. Julie currently serves on the Board of Directors at Kennebec Montessori School and is the proprietor of a tiny cottage pottery business. Julie loves to ski, make pottery, and putter around with her husband, two golden retrievers, one aloof gray cat and seven entertaining hens.

ERIN WILCOX



Erin joined MMA in August 2024 as a Staff Accountant. She brings years of experience in bookkeeping and human resources in both for-profit and non-profit organizations. Erin obtained her Bachelor's degree in Business with a concentration in Human Resources from Purdue Global University. She is a native of Maine and enjoys spending time with family and friends exploring, outside recreational activities, as well as reading and using her creative mind.

MEDICAL PROFESSIONALS
HEALTH PROGRAM

By Guy R. Cousins, LCSW, LADC, CCS, Director, MPHP

The A-Z of having Work/Life Balance

Recently, I have done a number of different presentations relating to self-care. I have also been having multiple conversations about work/life balance. I invited a couple of co-workers to playfully work with me to make a list of words that could assist us in this balancing of work and life. See how these words resonate with you. Feel free to come up with words that speak to you in your work/life balance:

- Awareness
 - Boundaries
 - Committed
 - Deliberate
 - Efficient
 - Full-minded
 - Honestly
 - Integrity
 - Journey
 - Kindly
 - Limitless
 - Maintenance
 - Nonchalance
- Openly
 - Perceptiveness
 - Quest
 - Reset
 - Synchrony
 - Timely
 - Utilize
 - Vacation
 - Whole-hearted
 - X-factor
 - Yearn
 - Zen-like

There were a few letters that we struggled with such as “X” and others where we used hyphenated words (purists would say we were cheating). The activity really helped us with being mindful and clear regarding what work/life balance could look like and sound like for us, knowing that it is an individual process.

MMA NECROLOGY

MMA has learned of and mourns the passing of the following physician since our last publication:

Marjorie A. Boyd, MD (1937-2024)

If you are aware of the passing of a Maine physician, please notify Lisa Martin, Director of Membership, at lmartin@mainephysicians.org or 207-480-4201.

MAINE DHHS UPDATE

By Lisa M. Letourneau, MD, MPH, Senior Advisor for Delivery System Change



The Role of
Maine Physicians
in Preventing
HIV and Other
Infectious
Diseases

The Maine Center for Disease Control and Prevention (Maine CDC) leads statewide efforts to prevent and control infectious diseases and relies on partnerships with physicians and other clinicians to effectively prevent and identify these diseases. These partnerships are crucial given increases in recent years in certain infectious diseases, including HIV, hepatitis C (HCV), syphilis, and tuberculosis.

Since October 2023, the Maine CDC has identified 13 cases of HIV in Penobscot County in people who inject drugs, most of whom are experiencing homelessness (many, unsheltered and living outdoors). This is a sharp increase from the historical average of two new HIV diagnoses per year in that county. All 13 people were also identified as having HCV, and as of October 2024, four have received treatment sufficient to reach HIV virus suppression.

The Maine CDC is working with local community and health care partners to increase access to HIV and HCV testing, link patients to care, increase health care capacity for people living with HIV, and offer preventive services to at-risk people (e.g., HIV pre-exposure prophylaxis [PrEP] and post-exposure prophylaxis [PEP] and risk reduction counseling).

To raise awareness, encourage greater testing, provide access to care, and prevent spread, all Maine physicians are encouraged to review these HIV testing and diagnosis key facts:

Who needs HIV/HCV screening and how often?

- HIV testing should be done at least once for everyone ages 13–64
- As of April 2024, the Maine CDC recommends **HIV testing every 3 months** for people with an increased likelihood of transmission, including:
 - People who have shared needles, or other injection drug equipment
 - People with multiple sex partners
 - People recently diagnosed with a sexually transmitted infection (STI), hepatitis B or C, or tuberculosis
 - Men who have sex with men
 - Sex partners of people living with HIV, or anyone with the above risk factors or with an unknown sexual history
- Additionally, providers should be aware that Maine law requires health care providers to...

- Include HIV testing when conducting tests for other STIs (<https://legislature.maine.gov/statutes/5/title5sec19203-G.html>).
- Conduct HIV testing during pregnancy: all pregnant people should be tested for HIV as early as possible in each pregnancy. A second test in the third trimester is recommended for those with ongoing risk. (<https://www.mainelegislature.org/LEGIS/STATUTES/5/title5sec19203-A.html>).

Which populations are at higher risk for HIV?

- People who inject drugs and have unstable housing have a 55% higher risk of getting HIV
- People who have been incarcerated in state and/or federal prisons have nearly double the rate of HIV as the general population

Informing patients/consent for HIV testing:

- US CDC recommends an “opt-out” approach to testing. Maine law requires verbal or written consent: providers should inform patients that an HIV test is part of standard screening and that they may decline it. The patient’s decision to accept or decline an HIV test should be noted in the medical record.

A patient tests positive for HIV - now what?

- Report any positive HIV test to the Maine CDC by electronic lab report; by fax to 1- 800-293-7534, or by phone to 1-800-821-5821.
- Providers can contact the MaineCare HIV Program Team at 207-624-4008 to connect patients to an HIV clinic in their area and to other resources.

Providers are encouraged to heighten awareness for other infectious diseases that have increased nationally and in Maine in recent years, by offering screening and treatment:

- **Hepatitis C:**
 - Universally screen all adults 18 years and older at least once, and all pregnant people during each pregnancy
 - Test patients who have ongoing risk factors every 3 months including those who inject drugs, and people with selected medical conditions, including those receiving hemodialysis
- **Syphilis:**
 - Test all pregnant persons at the first prenatal visit; retest at 28 weeks and again at delivery for individuals at high risk (e.g., substance use disorder, STIs during pregnancy, multiple partners, a new partner, or a partner with STIs)
 - Test all patients who are obtaining any STI testing

For more information: <https://www.maine.gov/dhhs/mecdc/infectious-disease/hiv-std/index.shtml>

Partners in patient safety & medical liability protection

Medical Mutual
INSURANCE COMPANY OF MAINE
www.medicalmutual.com

VISIT THE MMA WEBSITE: <https://mainephysicians.org>



Minors and the Right to Consent to Health Care Treatment

States have historically recognized the right of parents to make healthcare decisions on their children’s behalf. However, federal and state policies have established that some minors have the capacity and the right to make their own healthcare decisions. According to EMTALA, all minors can consent to receiving a medical screening exam (MSE) and emergency treatment in an emergency department.

Balancing the rights of parents and the rights of minors remains an area of controversy. While parental involvement in healthcare decisions is desirable, many minors will not seek services if they must inform their parents. The laws encourage young people to seek healthcare services and allow them to speak confidentially with their healthcare providers.

Ensuring Confidentiality

A minor who may consent to healthcare services is entitled to the same confidentiality afforded to adults. When a minor who has the right to consent to treatment presents for care, they should be informed that if their insurance is billed, their parents will receive notification from the insurer. Offer the option to make other payment arrangements to maintain their confidentiality. (If a minor comes to an emergency department for care, ensure no payment questions are asked until the minor has received an MSE to avoid an EMTALA violation.)

Most confidentiality laws contain a so-called “safety” exception, which allows or requires a mental health provider to disclose confidential information to protect the patient or another person from serious harm. Specific instances include:

- Suicidal ideation
- Homicidal ideation
- Physical abuse
- Sexual abuse
- Behaviors that put one at risk for physical harm

MAINE LAW

In Maine, a minor may consent to the following care:

- When the minor meets the definition of Emancipated Minor.
- Blood donation at age 17.
- Sexual assault forensic exam.
- Treatment for sexually transmitted diseases (STDs).
- Treatment for abuse of drugs or alcohol.
- Certain psychological services associated with the abuse of drugs or alcohol.
- Treatment of STDs or drug or alcohol abuse in the hospital setting, but parental consent is required if the hospitalization continues for more than 16 hours.

- Family planning services, including contraception, pregnancy testing, and emergency contraception.
- A minor may consent to an abortion if they accomplish one of the following:
 - Provide the physician performing the abortion with their informed written consent and the written consent of a parent or another adult family member such as an aunt or grandmother.
 - Provide the physician performing the abortion with their informed written consent and receive abortion counseling from a physician or an approved counselor who may be a psychiatrist, psychologist, social worker, ordained clergy member, PA, NP, guidance counselor, RN, or LPN. Provide the physician performing the abortion with their informed written consent and a court order.

Medical Mutual Insurance Company of Maine’s “Practice Tips” are offered as reference information only and are not intended to establish practice standards or serve as legal advice. MMIC recommends you obtain a legal opinion from a qualified attorney for any specific application to your practice.



UNDERSTANDING MAINE’S YELLOW FLAG LAW: A GUIDE FOR HEALTH CARE PRACTITIONERS

By Benjamin Strick, LCSW, VP of Adult Behavioral Health, Spurwink

Maine’s Yellow Flag Law was enacted in 2020 in response to rising concern about violence and mental health crises and represents a significant tool for Maine’s health care practitioners to help protect patients and the community. Understanding how this law works and how to access it can empower health care professionals to act swiftly in potentially dangerous situations.

Maine’s Yellow Flag Law is designed to temporarily restrict access to dangerous weapons for individuals who are deemed a threat to themselves or others. Unlike other states’ “red flag” laws, which typically allow family members or law enforcement to petition the court directly for the removal of firearms, Maine’s approach is broader in the type of weapons that can be restricted but can only be initiated by law enforcement and involves an assessment by a medical practitioner. While the assessment can be seen as an extra step, it provides an additional layer of due process that allowed the initial legislation to pass with bipartisan support. In response to concern from health care practitioners, in 2022 the State contracted with Spurwink Services to offer 24/7 telehealth weapons restriction assessments. Most weapons restriction assessments statewide are now conducted via telehealth, and Spurwink averages more than one assessment per day.

While the yellow flag process can only be initiated by law enforcement, health care practitioners can help protect individual and community safety by a) engaging law enforcement when an individual presents danger to themselves or others and b) helping law enforcement establish criteria necessary to secure a weapons restriction order. Law enforcement must establish “probable cause” an individual meets the following three criteria to take a person into protective custody and pursue a weapons restriction order:

- 1) The individual must be a **mentally ill person**, meaning “a person having a psychiatric or other disease that substantially impairs that person’s mental health or creates a substantial risk of suicide.” “Mentally ill person” includes persons suffering effects from the use of drugs, narcotics, hallucinogens or intoxicants, including alcohol. A person with developmental disabilities or a person diagnosed as a sociopath is not for those reasons alone a mentally ill person.”
- 2) They must present a **likelihood of serious harm**, meaning recent threats of, or attempts at, suicide or serious self-inflicted harm or a risk of harm to other persons as manifested by recent

- homicidal or violent behavior or conduct placing others in reasonable fear of serious physical harm.
- 3) The individual possesses, controls, or may acquire a dangerous weapon.

The more details about the “facts and circumstances” health care workers can provide, the easier it will be for law enforcement to meet their burden of proof, and the more likely it will be for law enforcement to secure a weapons restriction order.

Maine’s Yellow Flag Law provides a critical mechanism to address potential dangers posed by individuals experiencing a mental health crisis. The role of health care practitioners is essential in the process. By understanding when to seek law enforcement assistance, and how to help law enforcement seek a weapons restriction order, health care practitioners are enhancing both individual and community safety.

If you are working with law enforcement to complete a weapons restriction assessment, a Spurwink psychiatric mental health nurse practitioner is available 24/7 and can be reached at (207) 535-2009.



FREE TO FOCUS ON KARLY.

With healthcare’s constant complexities and distractions, it can be difficult to focus on patients. We can help, with proven medical professional liability insurance and so much more. So you are free to focus on delivering superior patient care.

Learn more at Coverys.com.



FREE TO FOCUS™

Insurance products issued by ProSelect® Insurance Company (NE, NAIC 10638) and Preferred Professional Insurance Company® (NE, NAIC 36234).

Helping physicians manage their financial health

Jackson Cousins, CFP®
Senior Vice President – Financial Advisor

Benjamin Sicoli, CFP®
Senior Vice President – Financial Advisor

James L. Jackson, CFP®, CIMA®, AIF®
Managing Director – Financial Advisor

Carole Sunday, CPFA™, CRC®
Vice President – Senior Financial Associate

2 Portland Square, 5th Floor | Portland, ME 04101
(207) 775-2990 | (800) 341-0336 | www.jmjrbc.com



Wealth Management

Johnson McKee Jackson & Associates

A division of RBC Capital Markets, LLC, registered investment adviser and Member NYSE/FINRA/SIPC.
24-PD-00065 (01/24)

YOUR COMMUNITY IS OUR COMMUNITY with PCHC

As a provider serving my community, it is important for me to work for an organization that loves my community as much as I do. That’s one of the many reasons I chose PCHC.

Kasey Laveway, APRN-CP
Seaport Community Health Center





COMPETITIVE SALARY
GENEROUS BENEFITS
RELOCATION ASSISTANCE
LOAN REPAYMENT
RETIREMENT MATCH
GENEROUS PTO PLUS CME TIME

www.PCHC.com/careers • Recruitment@pchc.com

All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, or any other characteristic protected by law.





Maine Medical Association

Maine Medical Association
30 Association Drive » P.O. Box 190
Manchester, ME 04351

PRSRT STD,
US POSTAGE
PAID
PORTLAND, ME
PERMIT #284

By bringing medical and surgical oncology together, we’ve made cancer care even more seamless and comprehensive.

Already a leading oncology practice north of Boston—and known for comprehensive, compassionate care—New England Cancer Specialists is adding well-known Breast Surgical Oncologist Paige Teller, MD to its staff. For patients needing both breast surgery and medical oncology, the patient experience promises to be more seamless than ever, enhancing quality and outcomes.

To start a referral to Dr. Teller or to New England Cancer Specialists in general, scan the QR code or visit our website.



NEW ENGLAND
Cancer Specialists



Can you picture having a job you love in a place you love?

Capture the ideal work/life balance at Northern Light Health. Our providers enjoy working in their communities and providing care for their neighbors. They also love calling the pine tree state home and living their life to the fullest with all that Maine has to offer. Come shine in your career and in your life at Northern Light Health.

We currently have openings in these specialties:
OB/GYN, Pulmonology, Orthopedic Surgery, Anesthesiology, Family Medicine and Pediatrics

**For more information, contact:
providercareers@northernlight.org
or 207.973.5358
Text “Careers” to 207.560.0133**



Barbara Mercado-Stallard, MD
OB-GYN, Northern Light Maine Coast Hospital

Vision & Values

A healthy balance.



Our practice is dedicated to making certain that your practice maintains a healthy balance. Our team of Maine-based legal experts will be your partners and provide the assistance you need when you need it most.

- Health and Hospital Care
- Medical Credentialing
- Medical Professional Liability
- Medical Professional Licensing
- General Liability
- Employment and Discrimination
- Business and Real Estate
- Tax Planning

Attorneys at Law
**NORMAN
HANSON
DETROY**

Experienced. Efficient. Effective.

nhdlaw.com | (207) 774-7000



Mark G. Laviole



Emily A. Bloch



Christopher C. Tainior



Joshua D. Hedlarts



Devin W. Deane



Noah D. Westhoff



Kelly M. Hoffman



Isobel C. Golden



Russell B. Pierce, Jr.



Joseph M. Mayodones



Kelsey L. Kenny